



Program Overview 2004-05 (Presentation Masters)

The following Physical Fitness Test (PFT) presentation masters are designed to provide options for tailoring presentations. The PFT program overview provides a brief description of the PFT for the 2004-05 school year. This overview is suitable for use with multiple audiences. Four sample charts also have been included in this set of presentation masters. These charts illustrate approaches for displaying PFT results that school district and school administrators may want to use in presentations to school boards, school staffs, and other stakeholder groups.



California Physical Fitness Test (PFT)

Program Overview 2004–05

**November 2004
California Department of Education**

CALIFORNIA DEPARTMENT OF EDUCATION
Jack O'Connell, State Superintendent of Public Instruction



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of Public Instruction

California Physical Fitness Test

California *Education Code* Section 60800 requires:

- Annual administration of the Physical Fitness Test (PFT) to all students statewide in grades five, seven, and nine
- School districts to administer the PFT in February, March, April, or May



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The *FITNESSGRAM*®:

- Was designated by the State Board of Education as the PFT
- Was developed by The Cooper Institute in Dallas, Texas
- Has as its primary goal that students establish lifetime habits of regular physical activity



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The ***FITNESSGRAM***® assesses
three fitness components:

- Aerobic capacity
- Body composition
- Muscle strength, endurance, and flexibility



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The fitness component of muscle strength, endurance, and flexibility is divided into four fitness areas:

- Abdominal strength and endurance
- Trunk extensor strength and flexibility
- Upper body strength and endurance
- Flexibility



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The test options for these fitness areas are:

- Aerobic capacity
 - PACER (Progressive Aerobic Cardiovascular Endurance Run)
 - One-Mile Run
 - Walk Test (only for ages thirteen or older)
- Body composition
 - Skinfold Measurements (estimates percent of fat)
 - Body Mass Index (compares weight and height)



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**The test options for these fitness areas are
(continued):**

- Abdominal strength and endurance
 - Curl-Up
- Trunk extensor strength and flexibility
 - Trunk Lift
- Upper body strength and endurance
 - Push-Up
 - Pull-Up
 - Modified Pull-Up
 - Flexed-Arm Hang



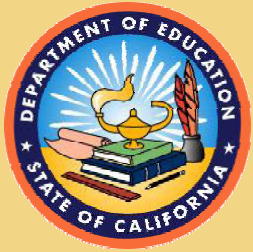
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The test options for these fitness areas are (continued):

- Flexibility
 - Back-Saver Sit and Reach
 - Shoulder Stretch

Note: Descriptions of each test option are available at <http://www.cde.ca.gov/ta/tg/pfl/>.



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Performance in each of the fitness areas is classified into two levels:

- Healthy Fitness Zone (HFZ)
- Needs Improvement (i.e., not in HFZ)



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The Healthy Fitness Zone (HFZ):

- Is the desired performance standard for each fitness area
- Represents a level of fitness that offers a degree of protection against diseases that result from physical inactivity



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- Individual and group results are reported for each fitness area
- Reports of group results are provided to the Governor and the Legislature and are made available on the Internet
(<http://www.cde.ca.gov/ta/tg/pfl/>)



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Group results are reported:

- By percent of students in the HFZ and percent not in the HFZ (i.e., needs improvement) for each of the 6 fitness areas
- By percent of students in the HFZ for 6 through 0 of 6 fitness areas
- By grade for total population, gender, and ethnicity at state, county, school district, and school levels



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The PFT provides information that can be used:

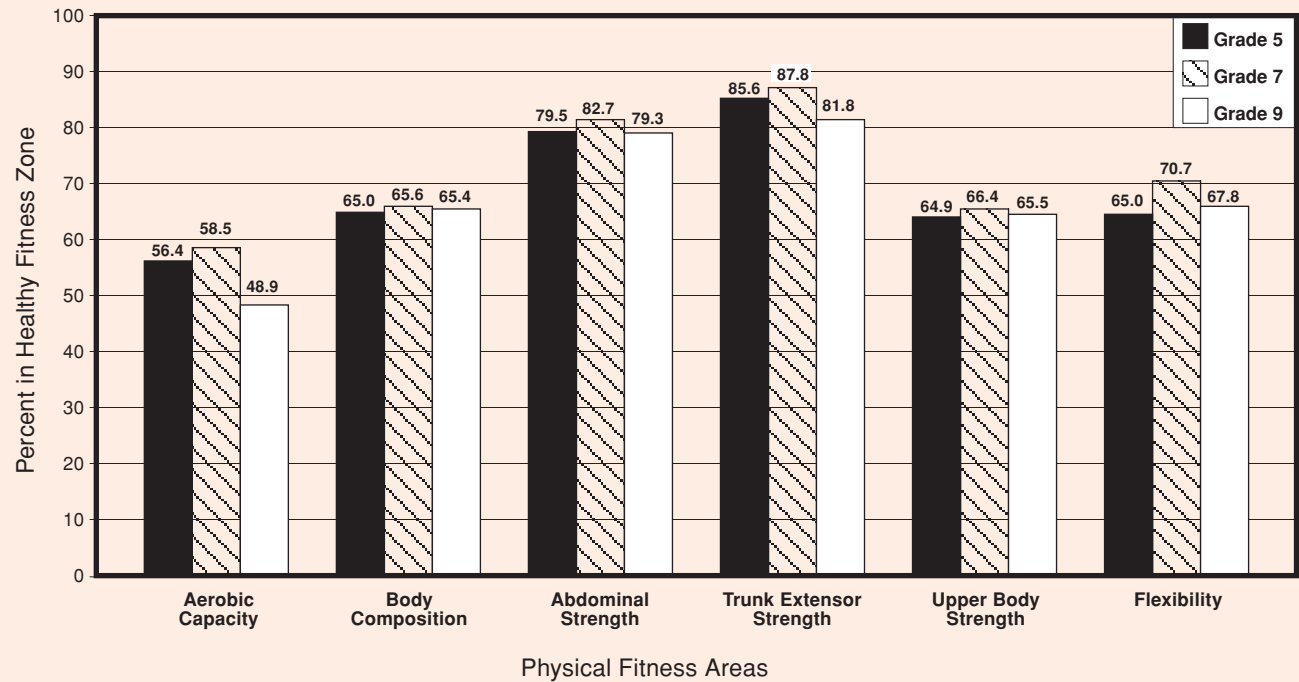
- By students to assess levels of health-related fitness and to plan personal fitness programs
- By teachers to design curriculum for physical education classes
- By parents and guardians to understand their children's fitness levels
- By students, teachers, and parents and guardians to monitor changes in the fitness levels of their students and children



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California Physical Fitness Test

Sample Report Chart #1
By Grade and Physical Fitness Area
2004

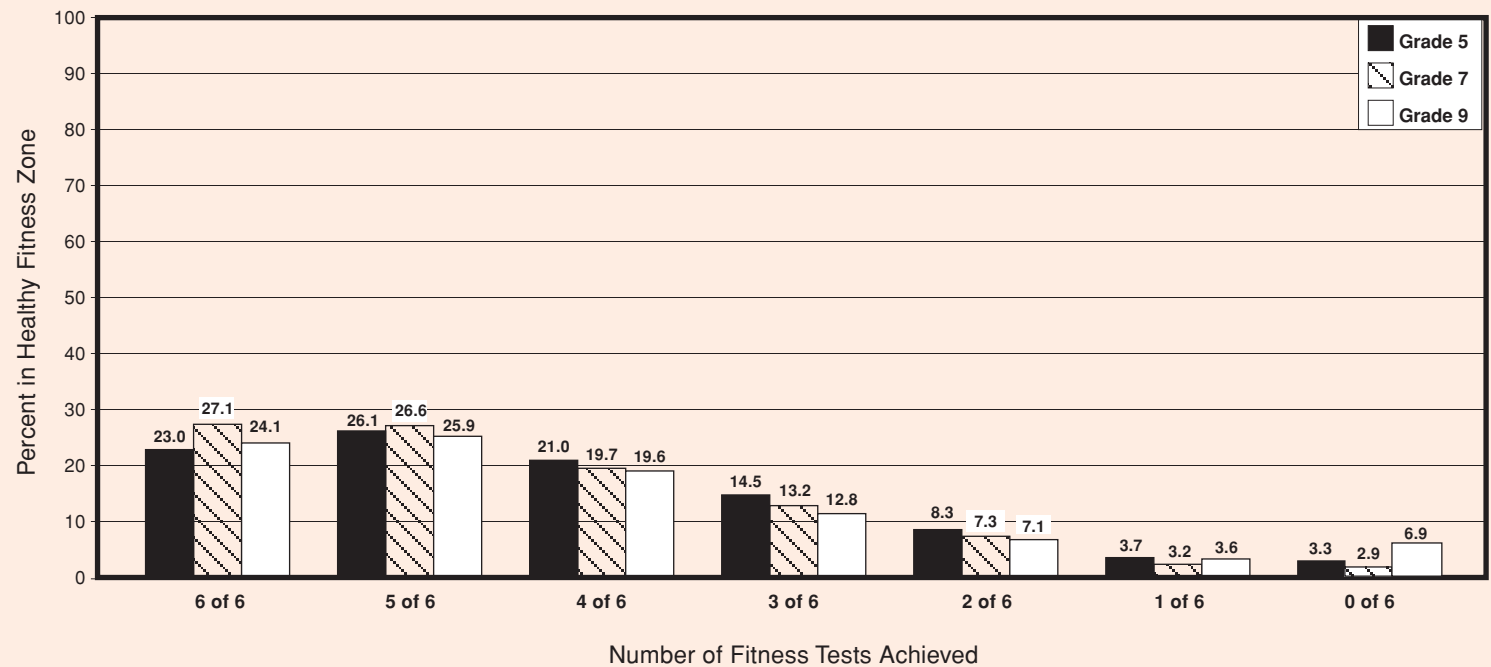




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California Physical Fitness Test

Sample Report Chart #2
By Grade and Number of Fitness Tests Achieved
2004

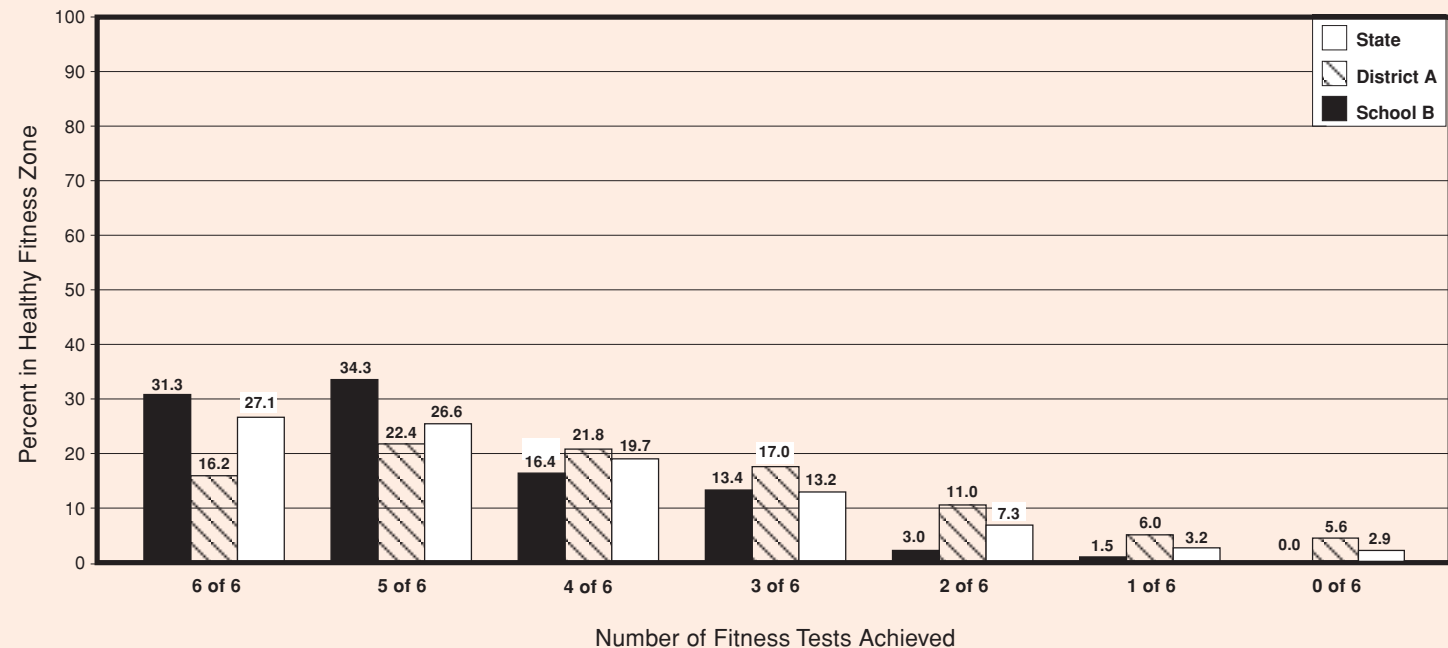




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Sample Report Chart #3
State, District A, School B Comparisons
Grade Seven — Number of Fitness Tests Achieved
2004





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Sample Report Chart #4
2002-2004 Physical Fitness Area Comparisons for Grade Five

